

30th Anniversary Special!

900+ FREEBIES INSIDE!

SHAPE

SHAPE YOUR LIFE

Erase Every Bulge

STOP STRESS, STAY SANE

BEAT HOLIDAY WEIGHT GAIN
48 EASY WAYS

The 30 BEST BEAUTY PRODUCTS of all time p82

DR. OZ & HIS
Their Secrets to a Strong Body, Mind, & Marriage

ADDICTED to PAINKILLERS
One Woman's Story p164

RODALE LIBRARY

#BXBJLBQ *****FIRM**CAR-RT LOT**C-099
#SHP0142919117/2# SEP12
DC3 WSHF4 NOV11 0027 #1052 #225168
JAN EICKMEIER
RODALE LIBRARY
33 E MINOR ST
EMMAUS PA 18098-0001